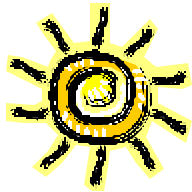


SUMMER  
2004



# The FLAP

News for the Folks of Lake Accotink Park

703-569-3464 [www.lakeaccotinkpark.com](http://www.lakeaccotinkpark.com)



## Damsel(fly) in Distress

Most people's first reaction to being told there are (and should be) bugs in their water would be "eeeeew," but each species has a different tolerance for pollution and so can tell observers whether a stream is heavily polluted or not.



Caddisfly Larvae

Watershed health is an important issue. Watersheds contribute to the quality of our drinking water, which comes from streams and rivers. Ultimately, Fairfax County's drinking water comes from the Potomac River. Watersheds also provide habitats for wildlife. Rain water washes trash and other forms of pollution, such as oil and chemicals, into streams. Sometimes people add trash and chemical pollutants to streams by dumping into storm drains thinking that it is a sewer or that water is treated before it flows into the nearby stream or creek. The pollutants degrade the water quality and the overall health of the stream.

Everyone lives in a watershed. Most people have heard

the term before, but what does it mean and why are watersheds an increasing topic of discourse? A watershed simply refers to an area that drains into a common body of water, including streams, rivers, lakes, and eventually, the ocean. So, when you hear the Chesapeake Bay Watershed discussed, it is referencing the area of land in which all water that falls within it ultimately flows into the Chesapeake Bay. To better imagine this, make a fist with your hand. Your closed fist will form two watersheds. Water that falls to the right of the ridge that is your knuckles will only fall to the right side of your hand, rain that falls to the left of the ridge will run onto only the left side of your hand.



Damselfly larvae

Watersheds can be broken down into smaller parts. The Chesapeake Bay Watershed is made up of many smaller watersheds. In Fairfax County alone, there are thirty watersheds, which all eventually drain into the Potomac River and from there into the Chesapeake Bay. Lake Accotink Park is located in the 51 square mile Accotink

Creek Watershed, which is comprised of much of the middle of Fairfax County. Here water flows into the Accotink Creek. Almost thirty-one square miles of this watershed drain into Lake Accotink; hence threats to Accotink Creek are threats to Lake Accotink.

There are several ways to monitor watershed health. One way is to monitor stream health using either chemical or biological monitoring techniques. Chemical monitoring involves taking water samples to test using laboratory techniques. Biological stream monitoring is a simpler and cheaper way of stream monitoring that allows anyone to get a first hand look at the health of their local stream. This method examines the number and types of different species of aquatic benthic macroinvertebrates.



Clam

(continued on page 4)

## Art in the Park!

Take an art class at Lake Accotink Park

Lake Accotink Park offers seven art classes at a variety of times and days. These classes range from Discover Drawing, which focuses on improving sketching skills to Studio Art, which explores art through a variety of media, to Oil Painting,

which will have you painting like the masters by the end of the session.

Mary Cassat was one of America's best known female artists. Born into a prominent Pittsburgh family in 1844, she

traveled extensively with her parents and siblings as a young child, which helped give her an appreciation of European culture. In 1860 she began studying at the Pennsylvania Academy of Fine Arts. At the age of

(Continued on page 2)

Check out Lake Accotink Park's new summer classes including  
hatha yoga, ballroom dancing and tae kwon do!!

(Art in the Park! continued from page 1)

22, she moved to Europe to study the paintings of the masters. In Paris she learned from both academic painters and pursued her own studies at the Louvre. Cassatt eventually settled permanently in Paris in 1874 after a time spent painting and copying the works of the masters in Italy, Spain, and Belgium.

It was in Paris that her artistic endeavors gained the attention of a progressive group of painters known as the impressionists. Edgar Degas, a well known painter and sculpture who often used ballet dancers for his subject matter, invited her to join the group. Other members included Edouard Manet and Gustave Courbet. Like Degas, Cassatt was interested in bold compositional structures, the asymmetry and high vantage points of Japanese prints, and in painting contemporary subject matter. She is well



Mary Cassatt, *Children on the Beach*. 1884. Oil on Canvas. 38 1/2 x 29 1/4 inches. National Gallery of Art, Washington, DC.

known for what is considered her perceptive depictions of women and children. Her mother was one of her favorite subjects. Many of her paintings are on display at the National Gallery of Art in Washington, DC.

Mary Cassatt played an important role in American art history. She was one of the few Americans involved in the French avant-garde in the nineteenth century. While in France, she sent back to the United States many of her paintings to be shown in exhibitions. Thus, her works of art were among the first impressionist paintings seen in America. She also helped advise wealthy American art collectors on their acquisitions. Some of the finest collections of impressionist art in this country were compiled based on her recommendations.

To learn more about art classes and times, check ParkTakes magazine or this newsletter's center insert. To register for a class, please call 703-449-8639 or 703-222-4664 to talk with an operator between the hours of 9 am and 4 pm. You can also register for classes online at [www.fairfaxcounty.gov/parks/parktakes.htm](http://www.fairfaxcounty.gov/parks/parktakes.htm)

## Check-It-Out:

### Catch up with the new and exciting things going on at Lake Accotink Park!

**Come on inside...** The main office and visitor's center is pleased to have two recently donated artifacts on display. A piece of the cemetery fence from the Fitzhugh and Lee family cemetery at Ravensworth was donated by Mr. John Hawthorne and a stool from the Ravensworth carriage house was donated by Dick and Martha Sargent. The addition of these objects to the Witness to History exhibit helps us more fully interpret daily life at Ravensworth.

**And while you're here...** Stop and admire the new touch table. This table was designed and built by one of Lake Accotink Park's regular volunteers, Steve Reynolds. The park is fortunate to have him. A touch tables is a good way to involve children (and adults!) in actively learning about their environment.

**Have you noticed....** The historic marker at the railroad trestle? The application for the marker was part of the project for an intern last summer. Although it has been up for several months, it was officially unveiled June 5. If you haven't stopped to read the text, take a minute on your next visit to the park and learn why J.E.B. Stuart ordered his cavalymen to destroy the trestle in 1862.

**And while you're at the marina...** Check out the bulletin board at the corner by the snack bar water fountain. It's the new "All-Star Corner"- a new way to recognize summer staff for their hard work. And it affords visitors the opportunity to learn about the staff. Antonio Vega is the first staff member to be recognized on the board for his tireless commitment to serving the park's visitors.

## Introducing the First Annual Mid-Summer Volleyball Spectacular

(ages 16 and up)

July 17-18

10 am - 7 pm

\$10 per team

Register your team of  
four today!



Have you registered for summer camps and classes yet?

# Meet Francisco!



Francisco Vega has worked at Lake Accotink Park for eight months. He has lived in Virginia for seven years after moving here from Mexico. Francisco and his family live one mile from the park. They have lived here for one and a half years. He says he likes the community because it is “safe and relaxing.” Francisco received his Business Administration Certificate from Northern Virginia Community College and has recently been accepted to George Mason University where he plans to study accounting. After graduating from GMU, Francisco would like to earn his masters degree and become a certified public accountant.

In the meanwhile, his duties at Lake Accotink Park keep him very busy. If you are here early on weekend mornings, you will see him getting the park ready to open. Francisco also helps out with routine maintenance, office work, and is responsible for closing the park two nights each week. He says he enjoys working at the park because he gets to do so many different things. He also likes seeing the park enjoyed by so many different people and working with his coworkers.

## Art in Nature Weekend Workshop

9 am - 12 pm

Choose from the following dates:

- June 26-27
- July 17-18
- August 7-8

Connect with your natural surroundings while learning the fundamentals of oil painting in this weekend workshop. Nature is the best artist, so come out and learn from the best! By the end of the second day, you will be taking home your own masterpiece. No prior experience necessary. Supply list will be provided prior to the class. \$50 per person. To register, send participant's name, address, phone number, age, program title, and a check payable to FCPA to Lake Accotink Park, 7500 Accotink Park Road, Springfield, Virginia 22150. Please call 703/569-0285 for credit card registrations or more information. Refunds issued only if class is cancelled.



## Bark in the Park!

Canine cruises, dog parades, pet costume contests, and other pet-oriented events may be considered quirky by some, but they are without question some of the more popular events that Lake Accotink Park offers. While such events cause us all to grin, there is a serious side to why we provide pet programs in the park.

It is often said that the way we treat our animal friends is a measure of our humanity. In general, we find that people who bring their pets to events in the park are responsible pet owners. Without realizing it, they serve as positive examples of the kind of caring devotion and enthusiastic involvement that all pets deserve of their humans. Events that bring responsible pet owners into the park serve to foster appreciation for the positive impact that pets have on our quality of life. At the same

have on our quality of life. At the same time, pet owners enjoy events that bring them into contact with likeminded individuals.



If you or someone you know wants to put some bark in the park and join the pet scene at Lake Accotink, here are some ways to plan some quality time with or on behalf of your pet:

- Sign up for a Dog Day Afternoon cruise this summer (see details on page 6)
- Beat stress and make fitness a routine for you and your dog by taking a 5-week class together; for details see Walking for Fitness

Doggy and Me in ParkTakes or in the center insert of this newsletter

- Sign up for an 8-week Dog Obedience class which starts in mid-June; see ParkTakes or the center insert of this newsletter for details
- Take a one-evening Pet First Aid and CPR class at the park; call the park office for dates and times
- Send your dog to camp – with your child age 8-12; the park offers one-week camps throughout the month of July; see our Camp listing in the center insert of this newsletter for details
- Watch for seasonal events and other pet programs in future issues of the FLAP

Aquatic benthic macroinvertebrates are animals without backbones that are large enough to see with the naked eye that live on the stream bottom. Species of benthic macroinvertebrates can include insect larvae (like damselfly larvae), mollusks (like clams and snails), worms, and crustaceans (like crayfish).

Trained volunteers monitor a chosen stream four times a year (once during each season). A net strung out between two poles is set up downstream of a riffle. A riffle is a shallower area of a creek that runs over rock or gravel. While one person holds the net, a second person kicks up the streambed in front of the net, making sure that rocks are overturned and the bottom is moved around. This stirs up anything living on the stream bottom or rocks and washes them into the net, which is then carefully picked up and laid out on a table. Volunteers removed any living organisms with tweezers and place them in trays with water. Specimens are identified by a pictorial key. The species are recorded and an analysis is done to determine species variety and composition of the overall population. This is then compared to what species are found in healthy, moderately healthy and impaired streams.

Accotink Creek is classified as an impaired stream. With its location in a highly urbanized, densely populated part of Fairfax County, it is no wonder. Vast amounts

of impervious surface, surfaces that cannot absorb water like asphalt and concrete, mean that water is not absorbed and so pollutants cannot be filtered out by plants before it reaches a stream. Motor oil, litter, and other chemicals wash off the miles of highways and driveways into Accotink Creek.

As part of its ongoing watershed education efforts, Lake Accotink Park teaches children in the spring break Watershed Exploration Camp and summer Outdoor Fun Camp to stream monitor. This activity has a dual benefit as it helps teach children an appreciation for life in the watershed and gives park staff an idea of what organisms are currently inhabiting the creek as this portion of Accotink Creek has no formal monitoring program. The species of benthic macroinvertebrates found this past spring break by the campers supports the creek's classification as impaired. A moderate variety of species of macroinvertebrates were found, all of which were tolerant of pollution. These organisms included leeches, clams, caddisfly larvae, aquatic worms, and midges.

For more information on watershed health in Fairfax County or to learn about stream monitoring opportunities, check out the Northern Virginia Soil and Water Conservation District's webpage at: <http://www.co.fairfax.va.us/nvswcd/>

## How you can help!

### Car Care

- When washing cars, use as little soap as possible and wash on a grassy area so chemicals can be filtered out
- Recycle oil and other used products in an appropriate manner—never dump in a storm drain!
- Repair oil, transmission and anti-freeze leaks as soon as possible

### Lawn Care

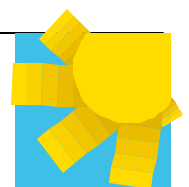
- Use native plants species that require less fertilizer, pesticide, and water
- Aim sprinklers away from paved surfaces
- Mulch around trees and plantings
- Clean up pet waste and dispose of in a trash can. It contains bacteria that is harmful to stream life.

### Home Care

- Use biodegradable cleaners.
- Never pour anything (chemicals, grass clippings, oil, etc.) down storm drains—this leads straight to your stream!

## Summer Safety Tips:

### What you need to know to enjoy a safe summer



- **Drink water!**— Even if you don't feel thirsty right away. Avoid beverages with alcohol and caffeine, which will dehydrate the body.
- **Slow down.** Take frequent breaks when you are playing or exercising in the heat. Avoid the hottest hours of the day during the mid and late afternoon.
- **Dress for the weather.** Wear light-weight light colored clothing. Also wear a hat and sunglasses to protect yourself from UV rays.
- **Wear sunscreen rated 30 SPF or higher.** Sunscreen should be applied 20 minutes before you go outside. It should be reapplied every two hours.
- **Stay indoors when possible.** Or stay in the shade.
- **Learn the symptoms of heat exhaustion and heat stroke.**
- **Neither swimming nor wading is allowed at Lake Accotink Park.**
- **Alcohol is prohibited at Lake Accotink Park.** If you choose to drink at home, do not drink near swimming pools or open water. Alcohol reduces reaction time and increases the chances of accidental drowning..
- **Never leave your pet or child locked in a hot car.**
- **Pets need water too.** If your dog is kept outside, make sure it has plenty of shade and water.
- Dogs are allowed to swim in the lake at Lake Accotink, but make sure they are under control so they do not harass wildlife or hurt themselves on submerged objects.



# Thanks for Asking!

## *Why can't we feed the geese?*

This is a question we are frequently asked. There are a number of reasons feeding geese (as well as other wild animals) is prohibited. One reason is feeding wildlife fosters dependency. Bread crumbs and crackers are not a natural part of a Canada goose's diet. They do not have the same nutritional value for a goose as aquatic vegetation and so do not provide all the nutrients a goose needs to stay healthy. Geese fed by humans lose their ability to forage for food. They may do fine in warmer months when there are plenty of people to give them handouts, but they risk starving to death in the winter when there are fewer people to feed them.

Geese used to handouts also become a safety issue. Competition for bread crumbs may make geese aggressive. This is espe-



cially an issue for young children who are about eye level with a goose's beak. Feeding geese helps increase the non-migratory Canada goose populations in some areas. In turn, this creates a higher concentration of goose feces, which pollutes water sources.

It is interesting to note year-round "resident" Canada geese are a fairly recent issue. No longer are we seeing a few flocks of geese stopping in the fall on their migra-

tion routes. The native goose population was almost non-existent by the 1970s. Some well-meaning individuals attempted to relocate Canada goose populations here to reestablish diminished populations. Other geese were released into the wild from private hunting stocks where they were used as decoys. There were few native geese with migratory behaviors to imprint upon, so these human-raised geese were forced to adapt to this area. They have modified their diet and behaviors to exist in an urban environment and have no reason to leave. Not feeding geese discourages them from staying in one spot. Now our community is faced with finding humane ways to curtail the Canada goose populations in Fairfax County. For more information on this issue, please contact USDA, Wildlife Services at 804-739-7739.

## Patriot Mini-Golf Tournament and Tour Boat Cruise Saturday July 3

What: Mini-Golf Tournament and Tour Boat Cruise

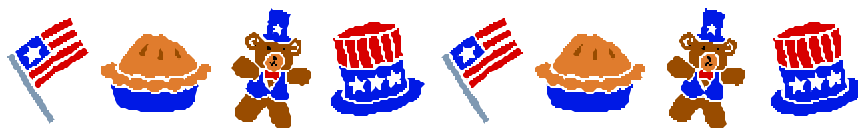
When: Saturday July 3, 12 pm-dark

Mini-Golf Tournament is 12 pm- 6 pm

Tourboat rides start at 7 pm

Registration Fee : \$17.76 per team (includes tournament and cruise)

How to Register?: Form your own team of 2-6 people. Call 703-569-0285 for credit card registrations or mail a check with captain's name, address, and telephone number to 7500 Accotink Park Road, Springfield, VA 22150



**FAIRFAX COUNTY  
PARK AUTHORITY**

Lake Accotink Park  
7500 Accotink Park Road  
Springfield VA 22150

Phone: 703-569-0285

Fax: 703-913-1298

TTY number: 703-569-5200

[www.lakeaccotinkpark.com](http://www.lakeaccotinkpark.com)

**Park Management:**

**Tawny Hammond, Park Manager**

**Julie Tahan, Assistant Manager**

**Lee Ann Shenefiel, Operations Manager**

**Axel Boy, Evening Supervisor**

**Ed Miller, Grounds Supervisor**

For FLAP comments or suggestions, please email:

[Tawny.Hammond@fairfaxcounty.gov](mailto:Tawny.Hammond@fairfaxcounty.gov)

**ADA Accommodations:** Fairfax County is committed to giving all citizens equal access to recreation and leisure opportunities. In keeping with that policy and the Americans with Disabilities Act, reasonable accommodations are provided to individuals with disabilities in all Park Authority programs, services, and facilities. ADA accommodations include sign interpreters, alternative information formats, program modifications and inclusion support. Contact the ADA Specialist at 703-324-8563 or (TTY) (703)803-3354 for additional information.



## Calendar of Events:

Advance registration is required. Please call 703-569-3464 or TTY 703-569-5200.

### Sunset Cruise (adults only)

Admire the sunset and relax as you cruise the beautiful shoreline of Lake Accotink. An interpretive history of Lake Accotink park and the area is included.

\$5 per participant

Boat leaves dock 30 minutes before sunset

**Dates: Saturday July 24, Saturday August 14, Saturday September 18**



### Can You Canoe? (Ages 8 years to adult)

You will learn the basic mechanics of canoeing with emphasis on safety and enjoyment. Equipment provided; bring a water bottle. Children must be accompanied by a registered adult.



\$16 per participant

Class runs from 3-5 pm

**Dates: Saturday June 19**

### Nature Night Hike

Join us for an evening stroll under a full moon as we try to encounter some of the “nightlife” in Lake Accotink Park.

\$5 per adult, \$3 for children under 16

**Dates: Friday July 2 (ages 7 and up), Saturday July 3 (ages 16 and up) 8:30-10 pm**

**Friday August 27 (ages 7 and up), Saturday August 28 (ages 16 and up) 8:00-10:00 pm**



### Dog Day Afternoon (Humans ages 8 & up; dogs all ages)

Treat your canine companion to a special cruise aboard Lake Accotink Park’s pontoon boat.

\$5 per adults, \$3 per children under 16; One dog per adult

Cruise runs from 2-3 pm

**Dates: Sunday June 13, Sunday July 11, Sunday August 8, Sunday September 19**



## Calendar of Events (continued)

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### Specialty Events:

#### Father's Day Cruise

Cruise the shoreline while listening to an interpretive history of the park, lake and surrounding area.

\$3.50 for dads, \$7 for other adults, \$4 for children



**Sunday, June 20**

**Cruises leave at 11 am, 1 pm, 3 pm, 5 pm, 6 pm**

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#### Art in Nature Weekend Workshop

Nature is the best artist, so come out and learn from the best. By the end of the second day, you will be taking home your own art!

\$50 per participant

**Dates: Saturday and Sunday June 26-27, July 17-18, August 7-8**



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#### Patriot Mini-Golf Tournament and Tour Boat Ride

Great family fun! Form your own team of 2-6 people and compete from 12-6 pm in a tournament. Tour boat rides begin at 7 pm.



\$17.76 per team (includes tournament and ride)

**Saturday July 3**

**Noon-dark**

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#### Mid-Summer Volleyball Spectacular

Serve, spike, and score your way to volleyball victory in this unique outdoor tournament held at Lake Accotink Park. Form your own team of 4 players

\$10 per team

**Saturday and Sunday July 17-18**

**10am-7pm**



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#### Labor Day Lucky Duck Mini-Golf Tournament

Great family fun! Form your own team of 2-6 people and compete from 12-6 pm in a tournament.

\$13.00 per team

**Monday September 6**

**12 pm– 6 pm**



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### Registration Information:

**By Phone:** Visa or Master Card reservations only

Please call 703-569-0285 or TTY 703-569-5200

**By Mail:** Send a check made payable to "FCPA" with participant's name, address, telephone number, and program title to

7500 Accotink Park Road, Springfield, Virginia 22150

**Refunds:** Only issued if class is canceled

# Lake Accotink Park

## Summer Camp Information

### Dog Care Camp (8-12 yrs.)

Have fun at camp with your dog while learning about responsible pet ownership! All dogs need to be on leash and have their rabies tag on their collars.

Bring water for camper and dog.

One week sessions begin 7/5 9am-4pm \$130

Last one week session begins 7/26

### Outdoor Fun Camp (6-12 yrs.)

Young outdoor enthusiasts will love this program! Campers are introduced to fishing, hiking, archery, canoeing, and orienteering.

Other activities include volleyball, tennis, basketball, mini golf, and crafts. Campers should get ready to get a little dirty and have a lot of fun!

Sessions: 9am-4pm 6/21-6/25 \$165

9am-4pm 6/28-7/9 \$285

9am-4pm 7/12-7/23 \$285

9am-4pm 7/26-8/6 \$285

9am-4pm 8/9-8/20 \$285

### History Camp (9-12 yrs.)

Campers will jump back in time and discover the history of Lake Accotink Park and the surrounding area. Activities will reveal interesting facts about Native Americans who lived in the area,

Civil War events and how the park came to be. Campers will sightsee, role-play, make crafts, and examine maps, artifacts, and photos that help bring the past to life. Bring snack, water bottle, and lunch daily.

One week sessions being 7/5 9am-4pm \$165

Last one week session begins 7/26

### Munchkin' Movers Sports Camp (4-5 yrs.)

Children will get a kick out of this fun-filled camp designed to ignite a passion for sports! Creative games, wacky sports and challenging skill building activities will captivate and enlighten children as they work on improving their kicking, running, jumping and throwing skills. Children must be potty trained.

One week sessions begin 6/7 9am-12pm \$113

Last one week session begins 8/9

### Tennis Camp (6-9 yrs.)

This program is for children at all levels. Instruction in skill development and strategy are emphasized. Bring tennis racket, snack, two cans of balls and water bottle.

One week sessions begin 7/5 9am-12pm \$99

Last one week session begins 7/26

### To Register:

- **By Phone:** 703-222-4664 (live) or 703-449-8639 (automated)
- **To mail or fax your registration:** download your forms from the Park Authority's webpage: [www.fairfaxcounty.gov/parks](http://www.fairfaxcounty.gov/parks)

**Fax number:** 703-631-2004

**Address:** FCPA/Parktakes, PO Box 4606, Fairfax, VA 22038-4606